



Mountain View Public Library

Dr Dhurga Reddy



“Naturopathic Approaches to Cardiovascular Wellness”

Learn how to optimize your cardiovascular wellness
to prevent stroke and heart attack.

Dr Reddy emphasizes the role of nutrition, exercise, and regular health screenings
to keep your cardiovascular system healthy and strong.

She will also discuss how naturopathic medicine can optimize your blood
pressure, cholesterol, and blood sugar.

Wednesday, January 20, 7 pm
Mountain View Public Library Community Room
585 Franklin Street
Mountain View, CA 94041
650 903 6337

Dr Reddy is a licensed Naturopathic Doctor and Yoga Therapist. She received her doctorate in Naturopathic Medicine from Bastyr University, and her Bachelor's of Science from Cornell University. She practices primary care medicine, with a specialty in Women's Health and Cardiovascular Wellness, at her clinic in Palo Alto. Visit her at www.dhurgareddy.com.

